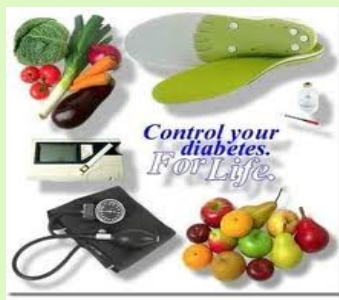


Our Multidisciplinary Approach

Our goal is to provide up to date and easy to understand nutrition and medication education to improve eating habits, improve health, positively impact diabetes self-care and achieve a healthy lifestyle for blood glucose control and prevention of diabetic complications.

We aim to give each patient the knowledge to gain sustainable control over their diabetes self-care over their lifetime; while considering their families, friends, and personal lives.



Nutrition Care Clinic
At Winn

Nutrition Care Clinic
inn



**Nutrition Care Division
Winn Army Community
Hospital**

1061 Harmon Avenue
Fort Stewart, Georgia 31314
Phone: 912.435.6707
Fax: 912.435.6791
Revised 29 Dec 2010

Nutrition Care Clin
At Winn

Nutrition Care & Disease Management Clinics

Diabetes Self-Management Program





Meet Your Winn Army Community Hospital Diabetes Self- Mgmt Providers

Raleighetta Varnedoe (Winn)
Registered Dietitian

Joy Cornthwaite (Tuttle/Winn)
Registered Dietitian & Board Certified
Diabetes Educator

Sylvia Eckman & Diana Lyde (Winn)
Registered Nurses

Mallika Patel (Tuttle/Winn)
Clinical Pharmacist

Heather Fouse-DeBellis (Tuttle)
Clinical Pharmacist & Board Certified
Diabetes Educator

Additional Guest Speakers
Optometry
Insulin Pump Therapy

Course Structure & Schedule*

Winn

Initial Education Session (Group)

Every 3rd Tuesday of the Month
8:30-11:30 am Nutrition Clinic
11:30-12:45 pm Lunch Break
1:00-3:30 pm Disease Management Clinic

Diabetes Mapping (Group)

Interactive 4 Part Series

Every 1st Wednesday of the Month

1:30-3:30 pm Variable Topics

Nutrition and Healthy Eating Map
Monitoring Your Blood Glucose Map

Medications and Insulin Map
On the Road...Summary Map

Individual Appointments

Provided before, during and post Diabetes Self-
Management Course with personal health care
providers.

Tuttle

Initial Education Session (Group)

Diabetes Mapping (Group)

Individual Appointments

Call Nutrition Care Clinic for dates and times.

* Dates and times subject to change.

Scheduling Your Appointment



NEW PATIENTS: Newly diagnosed patients should be referred to Disease Management Clinic and Nutrition Care Clinic for Multidisciplinary Diabetes Self-Management Education. Patients may be scheduled for diabetes group sessions and/or individual appointments .

CURRENT PATIENTS: If you have already attended an initial education session with a Registered Dietitian (RD), Registered Nurses (RN) and Clinical Pharmacists (Pharm D), please contact the Nutrition Care Clinic office for a follow-up mapping session at 435-6707. Individual follow-up appointments will be provided by both clinics as available. Please call 435-6633 for disease management appointment.

CURRENT PATIENTS WITH NEW DIAGNOSIS (ES): Please discuss your current nutrition successes and goals with your provider to determine if they are in line with the change (s) in your current medical condition. Request a new consult for the RD/RN/Pharm D based on your new diagnosis.

FAQ: Why do I need a referral to the Diabetes Self-Management Education Sessions?

Patients are asked to request a referral through their Primary Care Manager and/or Medical Specialist due to the relationship between medical nutrition therapy and certain medical conditions. It is necessary for your Physician(s) and/or Provider(s) to be aware of dietary interventions due to the possible impact of dietary modifications and/or weight loss on the effects of medications. Sometimes medications must be modified to reflect dietary changes and/or weight loss.